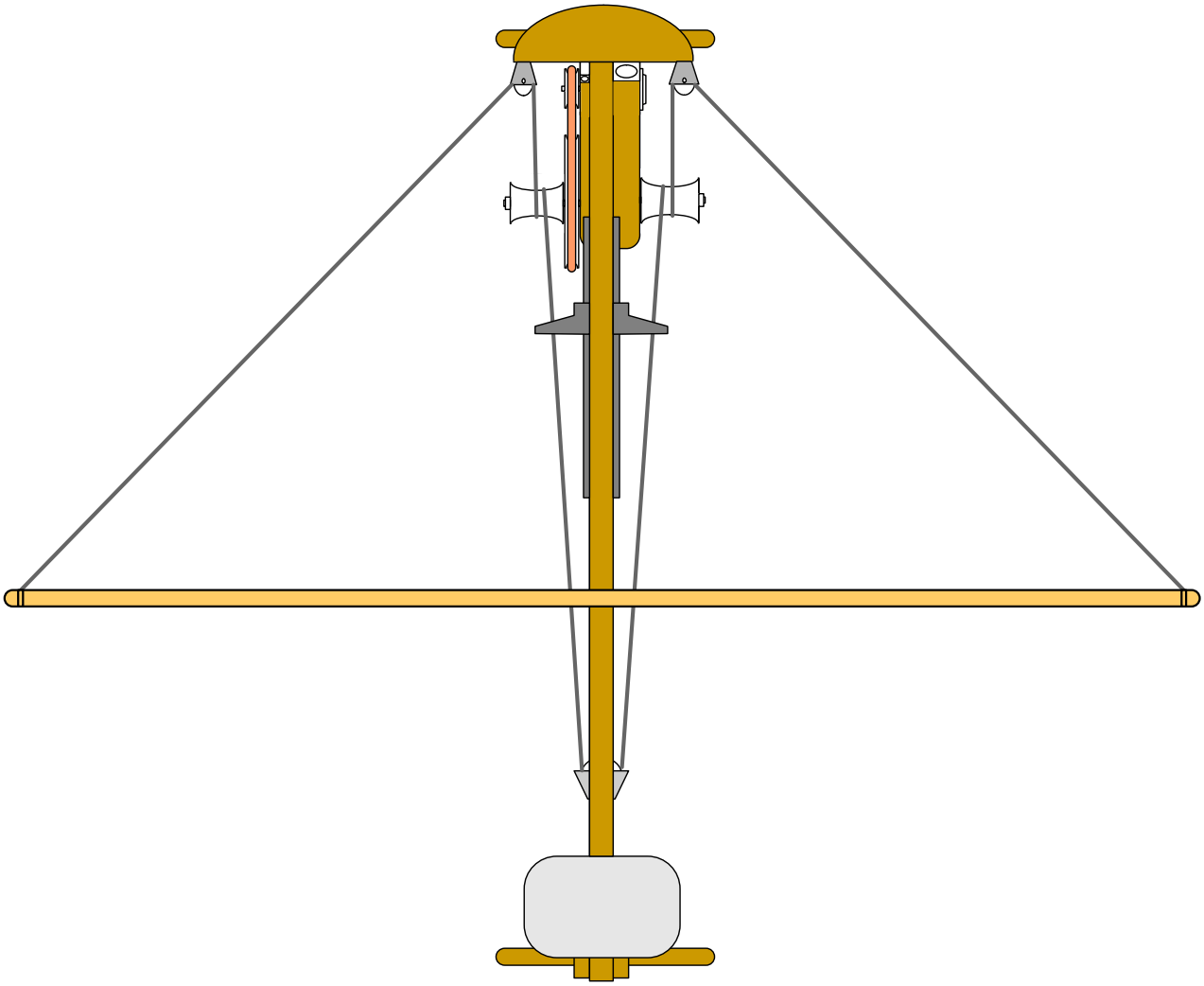
Kayak Paddle Trainer



User Manual

Visit our website at: KayakBalanceTrainer.com

Read the material before using this product.
Failure to do so can result in serious injury.
SAVE THIS MANUAL.

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Name _____ Purchase Date _____ Serial Number _____

PRODUCT SPECIFICATIONS

Power produced	12V at 80 Strokes per Minute
Power Outlet	Cigarette lighter style
Dimensions	62”L x 16”W x 18”H
Weight	35 pounds
Designed use	consumer
Max user weight	260 pounds
Display	volts
Intensity	Dependent on device plugged in to aux outlet No load – light pull 6” fan – medium level 8” fan - moderate level
Drive type	Rope and pulley to generator
Power requirements	None, trainer is self-powered
Materials	
Frame	Finished wood
Rope	5/16” braided synthetic fiber
Seat	Padded contour
Foot brace	Adjustable
Pulley blocks	Marine low friction
Generator	12Vdc

SAVE THIS MANUAL

You will need this manual for the safety warnings and precautions, operating, inspection, maintenance and cleaning procedures, parts list and assembly diagram. Keep your invoice with this manual. Keep this manual and invoice in a safe and dry place for future reference.

GENERAL SAFETY RULES AND PRECAUTIONS

WARNING: Read the following important precautions and information before using the Kayak Paddle Trainer.

- Exercise can present a health risk; consult with a physician before beginning any exercise program with this equipment.

- Warming up and stretching before and after a workout will help minimize the risk of injuries.

- Maintain a clear area of 3.5 to 4 feet on the sides and back of the trainer for an unobstructed paddle stroke.

- Use a firm grasp on the handle and frame while lifting and moving the trainer. Do not lift the unit by the flywheel, ropes or movable parts as these may shift position causing you to drop the unit or pinch your fingers.

- Use the trainer on a flat, level, sturdy surface, away from moisture and dust. Do not store the trainer in a damp area or covered patio, or near water.

- Never allow more than one person on the trainer at a time.

- Remain seated while operating the trainer with feet either on the ground or on the foot braces. Adjust foot braces so knees are slightly bent.

- Increase the duration and intensity of exercise in small increments to avoid muscle strain and soreness.

- If you feel faint or dizzy, immediately discontinue use of this equipment.

- Watch what you are doing, and use caution and common sense while exercising. Do not use the trainer while under the influence of drugs, alcohol or medication.

- Keep other people and pets away from the trainer when in use.

- Persons weighing more than 260 pounds should not use the trainer.

- Always make sure screws and attachments are secured tightly prior to each use. Inspect and replace any frayed cords and rope.

- Do not operate the trainer where aerosol spray products are being used or where oxygen is being administered. Sparks from the generator may ignite a highly gaseous environment.

- Do not attempt to use your trainer for any purpose other than the purpose for which it is intended.

OPERATING INSTRUCTIONS

1. Take a few minutes to warm-up and stretch your body.

2. Take a seat on the trainer with feet on the floor and slowly move the paddle shaft in a wide controlled stroke to see that there are no obstructions to a full paddle movement. Reposition the trainer as necessary so an unobstructed stroke is obtained.

3. Adjust foot braces to comfort level. The optimal position is such that the knee is slightly bent but may be straightened when pushing off against the foot brace with that leg.

4. Adjust the bungee cord if necessary. Tighten or loosen the bungee cord such that the paddle rope is gripping and not slipping on the rollers.

5. Use proper paddling posture and technique to prevent common muscle and joint injuries. Sit with an upright or slightly leaning forward posture. Rely on your core muscles and not just your arm muscles for power. Start by holding the paddle at arms length with your

arms parallel at shoulder width. If you lock your elbows you will find the only way to paddle is to rotate your torso and use your core muscles. Then, bend your elbows slightly and continue the same motion with your arms transferring the power from the core to the push and pull motion of the paddle.

6. Paddle at the desired cadence and duration to your liking and comparable to on water exercise. Fans and other accessories may be plugged into the 12V auxiliary outlet for cooling and to vary the exercise intensity.

7. Take a few minutes to cool down and stretch again.

WARM-UP AND COOL DOWN

Warm-Up
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope and running in place.

Stretching
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Remember to always check with your physician before starting any exercise program.

Cool-Down
The purpose of cooling down is to return the body back to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers the heart rate and allows blood to return to the heart. The cool-down should include stretches after each strength training session.

EXERCISE GUIDELINES

Base your exercise program on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout duration and intensity gradually by monitoring your heart rate while you exercise.

Initially you may only be able to exercise within your target zone for a few minutes. As you continue exercising, your aerobic capacity will improve over a period of 6-8 weeks.
It is important to pace yourself while you exercise so you don't tire too quickly.

For cardio respiratory training benefits, the American Heart Association recommends working out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate based on age. To predict your maximum heart rate, use the formula 220-Age = maximum heart rate. For example, if you are 40 years old, your max rate is: 220-40 = 180.

Your exercise heart rate range is then 0.6x180=108 to 0.75x180=135 beats per minute. If just starting out, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout with a heart rate monitor or by counting the number of heart beats for six seconds and multiplying the number by 10 to get your heart rate. For example if your six second heartbeat count is 15, your heart rate is 150 beats per minute. Adjust your exercise intensity such that your heart rate is within proper range for your age.

TRAINER INSPECTION, MAINTENANCE AND CLEANING

1. Before each use, inspect the general condition of the trainer. Check for loose screws, misalignment or binding of moving parts, frayed rope or cords, cracked or broken parts and any condition that may affect the safe use of the trainer. Do not use the trainer if it is damaged; have the problem corrected before further use.

2. To clean, wipe with a damp cloth, using a mild detergent. Never use solvents such as alcohol, trichloroethylene, etc on the trainer.

3. If the rollers do not spin freely, it may be necessary to lubricate the main axle. Any light machine oil may be used. Apply oil sparingly to space between the shaft collar and the fender washer. Be careful not to get any oil on the roller surface or the rope. If this happens, the rope will fail to grip the roller. If oil gets on the roller, it must be cleaned. If oil gets on the rope it may have to be replaced.

PLEASE READ THE FOLLOWING CAREFULLY

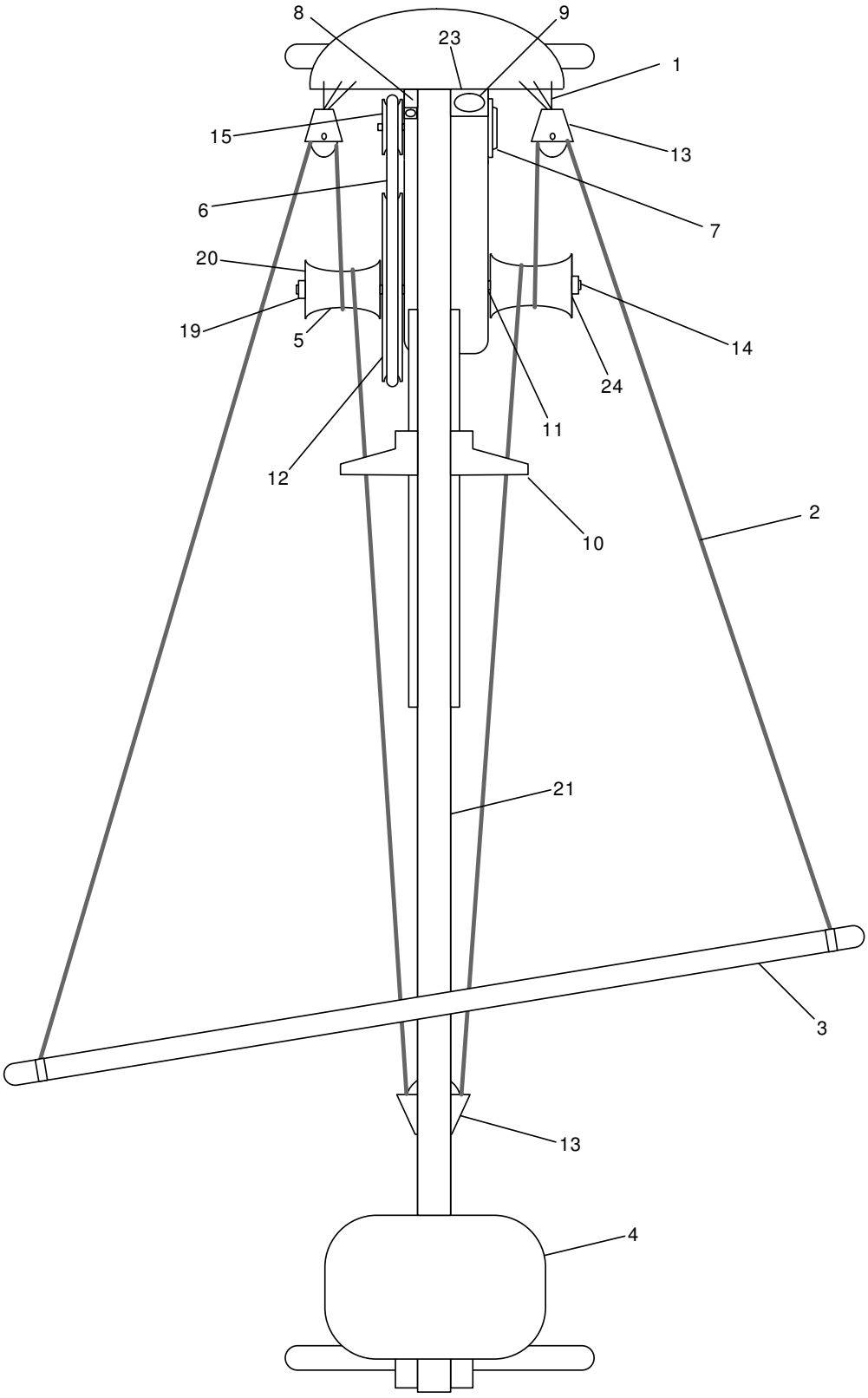
THE MANUFACTURER AND/OR DISTRIBUTOR HAS PROVIDED THE PARTS LIST AND LOCATION DIAGRAM IN THIS MANUAL AS A REFERENCE TOOL ONLY. NEITHER THE MANUFACTURER OR DISTRIBUTOR MAKES ANY REPRESENTATION OR WARRANTY OF ANY KIND TO THE BUYER THAT HE OR SHE IS QUALIFIED TO REPLACE ANY PARTS OF THE PRODUCT. IN FACT, THE MANUFACTURER AND/OR DISTRIBUTOR EXPRESSLY STATES THAT ALL REPAIRS AND PARTS REPLACEMENTS SHOLD BE UNDERTAKEN BY CERTIFIED AND LICENSED TECHNICIANS, AND NOT BY THE BUYER. THE BUYER ASSUMES ALL RISKS AND LIABILITY ARISING OUT OF HIS OR HER REPAIRS TO THE ORIGINAL PRODUCT OR REPLACEMENT PARTS THERETO, OR ARISING OUT OF HIS OR HER INSTALLATION OR REPLACEMENTS PARTS THERETO.

PARTS LIST

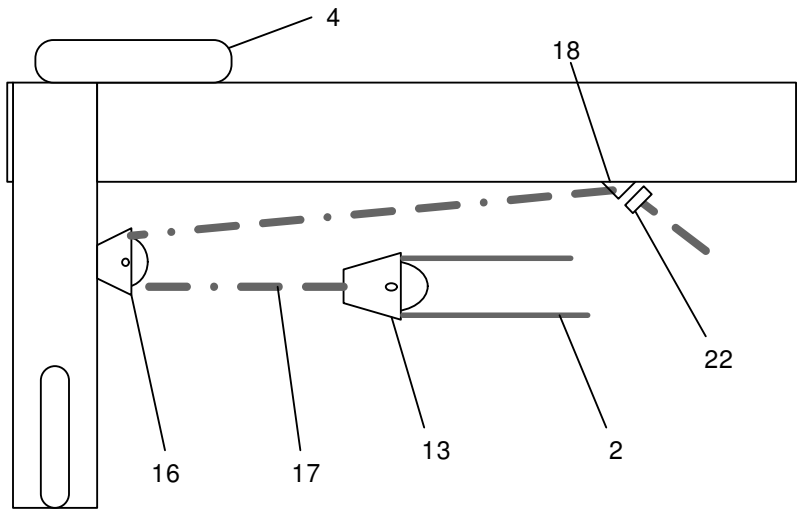
Part	Description	No.	Part	Description	No.
1	Bungee cord	012-01	13	Rope Block	012-13
2	5/16” rope	012-02	14	Axle	012-14
3	Paddle shaft	012-03	15	Generator sheave	012-15
4	Seat	012-04	16	Upright block	012-16
5	Clutch roller	012-05	17	Bungee cord	012-17
6	Round belt	012-06	18	Nylon eyelet	012-18
7	Generator	012-07	19	Shaft collar	012-19
8	12V socket	012-08	20	Fender washer	012-20
9	Volt meter	012-09	21	Frame	012-21
10	Foot brace	012-10	22	Cord lock	012-22
11	Bottom bracket bearing	012-11	23	Voltmeter bracket	012-23
12	Flywheel	012-12	24	Spacer washer	012-24

Note:
Some parts are listed and shown for illustration purposes only,
and are not available individually as replacement parts.

ASSEMBLY DIAGRAM



ASSEMBLY DIAGRAM (Continued)



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WARRANTY

Korpi and Sons makes every effort to assure that its products meet high quality and durability standards and warrants to the original purchaser that for a period of ninety days from the date of purchase that the motor/generator, the belts and rope are free of defects in materials and workmanship. Korpi and Sons also warrants to the original purchaser, for a period of one year from the date of purchase, that all other parts and components of the product are free from defects in materials and workmanship (90 days if used as common gym equipment; for example in a school, exercise club or as rental equipment). This warranty does not apply to damage due directly or indirectly, to misuse, abuse, negligence or accidents, repairs or alterations outside our facilities, normal wear and tear, or lack of maintenance. We shall in no event be liable for death, injuries to persons or property, or for incidental, contingent, special or consequential damages arising from the use of our product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation of exclusion may not apply to you. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS.

To take advantage of this warranty, the product or part must be returned to us with transportation charges prepaid. Proof of purchase date and an explanation of the complaint must accompany the merchandise. If our inspection verifies the defect, we will either repair or replace the product at our election or we may elect to refund the purchase price if we cannot readily and quickly provide you with a replacement. We will return repaired products at our expense, but if we determine there is no defect, or that the defect resulted from causes not within the scope of our warranty, then you must bear the cost of returning the product.

This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.

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